



TRUST YOUR BREATH

SCIO Reg. Charity No. SC047618

Better Breathing for a Better Life
A Community Based Health
& Wellbeing Trust

TRUST YOUR BREATH at the WEST END FESTIVAL

Thursday 6 June

10.00 am - 4.00 pm

10.00-11.00 BREATHING

11.00-12.00 Cellular Memory

12.00-1.00 YOGA

1.00-1.30 Lunch

1.30-2.30 MINDFULNESS

2.30-3.30 Energy Medecine
& Singing with Dr. V

3.30-4.00 Sharing & Close

Thursday 20 June

12.00 pm - 7.00 pm

12.00-1.00 MINDFULNESS

1.00-2.00 BREATHING

2.00-2.30 Lunch

2.30-3.30 Energy Medecine
& Singing with Dr. V

3.30-4.30 TAI CHI

4.30-5.30 Cellular Memory

5.30-6.00 Refreshments

6.00-7.00 YOGA

Facilitators Heather, Irene, Dr.V, Karen, Ian, Damian & Gavin welcome you to our Workshops which are Free - Donations appreciated for charity funds

@ Theosophical Centre,

17 Queens Crescent, St Georges Cross, Glasgow G4 9BL

email: trustyourbreath@gmail.com web: <http://www.trustyourbreath.org.uk>

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